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Let's Talk Children's Mental Health The 5 Ways to Wellbeing

What is Mental Wellbeing?

It's how we are feeling and coping with the things we face every day. Just like physical health, sometimes its good and sometimes not so good. You could think of it as mental fitness.

Try These 5 Ways to Wellbeing

Research tells us that these proven and research backed 5 simple things can make a big positive difference to our mental health if we aim to do them all every day.

1. Talk & Listen – **CONNECT**
2. Be **ACTIVE**
3. Remember to **TAKE NOTICE**
4. Keep **LEARNING** everyday
5. Acts of Kindness – **GIVE** to others





Your child has recently been introduced to the 5 ways to wellbeing at their school as part of a Mindspace, Stamford project. The simple message your child will have heard at school is about the language of the 5 ways to wellbeing and how to build them into their everyday life and activities to improve their mental health.

Putting the 5 ways to wellbeing into practice is easy – and you are probably already doing it without even knowing!

Here is a simple example of how you might use the 5 ways to wellbeing with your child in a fun and simple activity you can TRY at home together during this period of things being so different for them at school.

Let's Create Some Simple Outdoor Art Together

1. *Make a frame using a hoop, some wood or cardboard or anything you have handy!*
2. *Make a collection of natural objects outdoors together by gathering items such as leaves, twigs, petals, stones and pinecones.*
3. *Within the frame, create your own picture of anything you want. Talk with your child/children and help each other with ideas – you will be surprised at how many wonderful pictures you can make!*
4. *Take time while outdoors together to notice all the beautiful things that are around us in our everyday lives – take notice of and enjoy the simple things that we take for granted like leaves and flowers.*
5. *When you have finished, celebrate each other's creations – take photos (from standing above gives the best results!) and share them with us and your family and friends!*

Anyone can take part in the activity and I hope you have lots of fun and enjoyment making your outdoor art together over the coming weeks. The outcomes change every time and in every season.

It is a very relaxing thing to do and can bring you lots of joy!

Remember to follow the safety advice to stay at home at the moment

You can enjoy this activity safely in your garden if you have one and if not then why not try it indoors using everyday objects instead!

By doing this activity together you will be using all 5 Ways to Wellbeing:

1. Share your thoughts and ideas and talk about the objects you collect and the picture/s you create – **CONNECTING**
2. Moving around indoors or outside collecting objects – **BEING ACTIVE**
3. Collecting the objects and noticing them anew – **TAKE NOTICE**
4. Creating art and learning the names of natural objects, plants, trees and flowers - **KEEP LEARNING EVERY DAY**
5. Helping each other and sharing your finished creations with others – **ACTS OF KINDNESS and GIVING TO OTHERS**

GIVE IT A TRY AND TALK MENTAL HEALTH WITH YOUR CHILDREN!

PLEASE SHARE PHOTOS OF YOUR ACHIEVEMENTS WITH YOUR SCHOOL.

